



This Summer...Fight the Bite!

Some mosquitoes carry West Nile Virus...a potentially serious infection.

Take these precautions to protect yourself:

- Limit outdoor activity during dusk and dawn
- Wear insect repellents containing DEET
- Wear long sleeve shirts and pants
- Drain standing water around the house

If you have symptoms of high fever, severe headache and stiff neck, contact your health care provider immediately.

Want to know the leading cause of death in Gallatin Valley? Go to www.gallatin.mt.gov/Health and select ***Messages from the Board*** under Board of Health.